

## Spinach and Mushroom Burrito

### Spinach:

**Storage:** there are 2 choices, wash when you get home so that the spinach is ready when you need it or was as you go. Either way be sure that the spinach is dry before storing and plan to use this tender green as soon as possible.

Wash and completely spin dry and store in layers of paper towel in the refrigerator for 3-5 days

Simple Preparation Ideas: Steam spinach for 5-8 minutes, use steamed spinach for a bed under roasted or grilled meats or fish 2-3 lbs of spinach cooks down to 2 cups Add fresh spinach leaves into tomato sauce, server over pasta Add spinach to ricotta cheese when preparing lasagna

### BLACK BEAN, SPINACH, AND MUSHROOM BURRITOS

1 onion, chopped fine

1/2pound mushrooms, chopped fine

1 tablespoon vegetable oil

1 bunch spinach (about 1 pound), coarse stems discarded, washed well and spun dry

2 garlic cloves

1/4 cup water

1 cup canned black beans, rinsed well and drained

1 teaspoon fresh lemon juice

2 scallions, chopped fine

3/4 cup coarsely grated pepper Jack cheese (about 5 ounces)

1/2 cup canned mild enchilada sauce

two 10-inch or four 8-inch flour tortillas

Accompaniment: Sour cream

In a heavy skillet cook onion and mushrooms in oil over moderate heat, stirring, until golden. Add spinach and garlic and cook, stirring, until spinach is wilted, about 30 seconds. Stir in water, beans, lemon juice, scallions, pepper Jack, and salt to taste and cook, stirring, until cheese is melted.

In a small saucepan heat enchilada sauce.

Heat a dry skillet (large enough to hold 1 tortilla) over moderately high heat until hot. In skillet heat tortillas, 1 at a time, turning frequently, 30 seconds, or until softened, and transfer to a work surface. Divide filling between tortillas and roll up burritos.

Spoon sauce over burritos and serve with sour cream.

From Gourmet Magazine

### Cooking with Scallions

Slice the white and into the pale green. Slice very thin if you are serving raw in salads, salsa or a garnish. Slice up to an inch long for a stir fry. Save the dark green top for stock.

### Cleaning Mushrooms

Clean mushrooms when you are ready to use them. Gently wipe with a damp paper towel or mushroom brush or run under cool water and dry on paper towels, do not soak mushrooms.

### Preparing Leeks

Slice the white and into the pale green. Slice very thin if you are serving raw in salads, salsa or a garnish. Slice up to an inch long for a stir fry. Save the dark green top for stock.



## Alstede Farms Highlands Harvest Club

Here we are again. A little later than expected. I have had the pleasure of seeing so many of you at some of the events and classes we have had over the winter. The message is always the same, "I cannot wait for my first share" Everyone was tired of winter and even more tired of the supermarket! So welcome back and of course, a very warm welcome to all of you who are new to us this year.

Early in the season some of the produce in the shares will have been wintered over. Those of us who are seasoned realize that the spring is time for leafy greens. This week the spinach in the shares comes to us from the organic fields having survived the extreme cold!

In this first share you are going to find something from the last season. We will have homegrown popcorn. Packaged microwave popcorn is one of the foods that should really be avoided because of all the processing, additives, chemical coating in the bag, and last but not least, artificial butter flavoring. This preparation is simple however you should not leave the microwave when preparing the popcorn. Place the cob into a paper lunch bag fold to close the bag. Place the bag into the microwave, then you have a couple of options. You may use the popcorn button and stop when the popping slows down or you can set the timer for 2 minutes (you may need to add a little more time) and again, listen for the popping to slow down. Don't walk away, don't leave the room. Corn should have popped off the cob and filled the bag. Open the bag and pour corn into a bowl and top with melted butter or olive oil and salt or toppings of your own choice.

We are once again going to be gardening. Some of you may already be prepared. The perennial herbs we planted last year are starting to come back. We should have herbs in our shares for the first six weeks and possibly a few more as we progress into early June. Dill and Chives are ready this week. Chives are a perennial and dill one of the most delicate of herbs. The dill can be kept on a window sill in the small pot for a while. When you are ready to bring it outside it will pair well in the same pot as rosemary and thyme. The chives can be planted with parsley. We should have both flat and curly parsley in the next few weeks so they can be added to that pot.

I am so happy to be back with all of you for this new season. I will continue to watch and see what is happening on Facebook. I look forward to hearing from you during the season. Please keep in touch with me [jenn@alstedefarms.com](mailto:jenn@alstedefarms.com). Until next week, "be inspired by the freshness!"

~food for thought~



fresh discoveries *every day*



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# CSA Week 1 ~ May 1st - May 6th, 2018

~discover the perfect fit for you~

## Classic Box Contents

### This Week's Full Share

- Apple Cider
- Popcorn
- Dill Plant
- Chive Plant
- Kale
- Spinach (organic)
- Scallions
- Mushrooms
- Bella Mushrooms
- Asparagus
- Leeks
- Dandelion
- Tomatoes

### This Week's Half Share

- Apple Cider
- Popcorn
- Dill Plant
- Chive Plant
- Kale
- Spinach (organic)
- Scallions
- Mushrooms
- Bella Mushrooms
- Asparagus
- Tomato

### This Week's Personal Share

- Apple Cider
- Dill Plant
- Chive Plant
- Spinach (organic)
- Scallions
- Mushrooms
- Asparagus
- Tomato

## Necessities Box Contents

### This Week's Full Share

- Apple Cider
- Popcorn
- Dill Plant
- Chive Plant
- Kale
- Spinach (organic)
- Scallions
- Mushrooms
- Bella Mushrooms
- Asparagus
- Leeks
- Tomatoes

### This Week's Half Share

- Apple Cider
- Popcorn
- Dill Plant
- Chive Plant
- Kale
- Spinach (organic)
- Scallions
- Mushrooms
- Bella Mushrooms
- Asparagus
- Tomato

### This Week's Personal Share

- Apple Cider
- Dill Plant
- Chive Plant
- Spinach (organic)
- Scallions
- Mushrooms
- Asparagus
- Tomato

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## Cooking Asparagus

**To store asparagus:** wrap the ends in moist paper towels and place the bundle into a plastic bag. Asparagus will keep up to 3-4 days

**To Clean Asparagus:** Rinse the spears under cool water to remove any grit. Snap off the bottom inch or so using your fingers; the stems will naturally break where the tough woody part ends and the tender stem begins. Dry the spears by rolling them very gently between 2 kitchen towels

### Simple Prep:

#### Skillet Asparagus

2 lb. asparagus

2 tbsp. unsalted butter or a little butter and a little olive oil

Salt and freshly ground black pepper

Rinse asparagus in cold water and trim off tough ends of stalks. Put butter in a heavy skillet with a tight-fitting lid and heat until butter is foaming. Lay asparagus in the pan and shake from side to side to coat asparagus gently with melted butter; cover tightly and cook over medium heat for 3 minutes. Check asparagus and turn as needed to make sure the stalks cook evenly and don't burn.

Continue cooking 5 minutes longer, or until asparagus is tender but still crisp and bright green. Season to taste with salt and pepper and serve hot. From: Saveur.com

Use the asparagus as a side dish served with lemon or Hollandaise Sauce

Cut asparagus into pieces and add to quiche or a frittata

Serve asparagus spears over eggs benedict or Chicken or Veal Oscar

## Storage Tips

### Kale

Wash when you get home in cold water. Dry thoroughly

Storage: store wrapped in paper towel in a plastic bag in your refrigerator, ideally in your crisper drawer.

### Mushrooms

Storage: keep them in their original packaging and put them in your refrigerator as soon as you get home OR place them loose in a brown paper bag and again refrigerate immediately.

Should keep up to 5 days

### Scallions

Storage: Place in a plastic bag or to stand in an inch of water and then place the jar into a zip lock bag. They can last with very little care for over a week.

### Leeks

Storage: Refrigerate leeks unwashed with roots attached for up to two weeks. Wrap tightly in plastic so the flavor isn't absorbed by other foods.

## This Week Only

Enjoy a 25% off discount on homegrown vegetable transplants, herb plants, flowers, and more from our Garden Center.

Our Farm Store is open every day from 9am-7pm.

Valid this week only 5/1/18 and 5/7/18 Must be presented in person

**25% Off**

**Garden Center**

**Flowers and**

**Transplants**



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